

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.9
In 3 Hh
Housekeepers' Chat

★ MAY 6 1930 ★
Friday, May 9, 1930.
U. S. Department of Agriculture

Not for Publication

Subject: "A Dinner for Mother's Day." Menu and recipes from Bureau of Home Economics, U. S. D. A.

Bulletins available: "Aunt Sammy's Radio Recipes."

--ooOoo--

Do you know that Sunday, May 11, is Mother's Day? I had forgotten this important occasion, till Betty Lou reminded me of it.

"Please," said Betty Lou, "help me plan a dinner for Mother's Day -- a dinner I can cook and serve all by myself. Of course I can't surprise mother about the dinner, but I can surprise her with a cake. Do you know what? I'm going to bake the cake on Saturday, while mother is downtown. I hope she has enough errands to keep her in town all afternoon."

Betty Lou has developed into quite a famous little cook, since you last heard of her. With her mother's help, she has been planning menus this year, and doing a great deal of the cooking. Her latest success is a Veal Loaf. Veal Loaf is to be the main dish, on Sunday.

I wonder how many of you know how Mother's Day came into existence. Ann Jarvis, of Philadelphia, originated the idea of Mother's Day, in 1908-- more than 20 years ago. Her friends took up the idea, and it spread rapidly throughout the country. In 1913 Congress passed a resolution designating the second Sunday in May as the official Mother's Day.

Betty Lou has invited two of her mother's old friends for dinner Sunday -- so you can see that much depends on this dinner. Her menu includes Veal Loaf; String Beans; Parsley Potatoes; Lettuce with Russian Dressing; Rhubarb Conserve; Strawberries and Cream; and mother's favorite cake.

Tomorrow Betty Lou will make the Meat Loaf, and bake the cake. Then, on Sunday, she'll have only the vegetables and strawberries to prepare.

Do you have a good recipe for Veal Loaf? If not, perhaps you'd like to write this one. Eleven ingredients, for Veal Loaf:

2 pounds ground raw veal	1/2 cup chopped parsley
$\frac{1}{2}$ pound, or 1 cup finely diced salt pork	1/4 cup chopped onion
1 $\frac{1}{2}$ cups milk	1 cup fine dry bread crumbs
4 tablespoons flour	2 teaspoons salt
1/2 cup chopped celery	1/8 teaspoon pepper, and 1/8 teaspoon celery seed

Fry the salt pork until it is light brown and crisp. Remove the pieces from the pan. Make a sauce of the milk, flour, and 3 tablespoons of the pork drippings. Cook the celery, parsley, and onion for a few minutes, in the rest of the pork drippings. Add to this, the bread crumbs and seasonings. Combine all ingredients, using the hands to mix thoroughly. The mixture will have a sticky consistency. Lay a piece of parchment paper on a rack in an open roasting pan. Mold the meat loaf on the paper with the hands. Bake the loaf in a moderate oven (350° F.) for 1-1/4 hours. Do not cover the pan, and do not add water to it. Much better results are obtained by making the meat loaf in this way than by packing it into a smaller pan and baking it like a loaf of bread.

Remove the loaf from the paper and serve hot, or chill it and serve it in thin slices with parsley or watercress garnish. Betty Lou, of course, will serve her veal loaf cold.

I forgot to mention that Betty Lou made some Rhubarb Conserve last week. She used the recipe on page 81 in the Radio Cookbook -- the conserve made with rhubarb and oranges and lemons, and nuts. Remember, when you make this conserve, not to cook it so long that the attractive pink color and fresh flavor are lost.

Betty Lou did not tell me her recipe for the cake. It is to be a layer cake, with a white icing. At first, Betty Lou thought she'd have a powdered sugar frosting, because that's so easy to make.

Then she reconsidered. "Powdered sugar frostings are too easy," said Betty Lou, "for an experienced cook like me. Don't you think so, Aunt Sammy? I'm going to make a Vanilla Frosting, like the recipe in your cookbook. Then, when the frosting is set, I'll write the word 'MOTHER' on the cake, and place tiny colored candies along the writing. I want mother to know this cake is her very own!"

Betty Lou's father has ordered a beautiful bouquet for the dining table, as his part of the Mother's Day program. And oh yes! There's to be a special gift for mother -- a rain-or-shine parasol.

"It's a beauty," said Betty Lou. "A brownish tan background, with sort of silvery stripes, and one narrow blue stripe, near the edge. It has a crook-shaped handle, of greyish tan. Do you suppose mother will think it is too jazzy?"

I assured Betty Lou that her mother would probably be immensely pleased -- for a brownish tan parasol will go so nicely with her spring coat.

"That's what I thought," said Betty Lou. "Father helped me pick it out, and he says it's not too jazzy -- because mother really is not a bit old."

Well, to get back to the dinner. Any more recipes you'd like to have? I might give you the one for the Vanilla Frosting, provided you do not have a radio cookbook.

There are only five ingredients in this recipe. These are the five:

1 cup sugar	1/3 teaspoon salt, and
4 tablespoons cold water	1/2 teaspoon vanilla
1 egg white	

Five ingredients, for Vanilla Frosting: (Repeat)

Put the sugar, water, the unbeaten egg white and salt into the upper part of a double boiler. Have the water in the lower part boiling. Commence beating the mixture with a Dover beater at once, and beat constantly while it cooks for 7 or 8 minutes. By this time, it should look like ordinary boiled frosting, and be almost thick enough to spread. Take it from the stove, add the vanilla, and continue to beat about 5 minutes, or until it has thickened.

If you find that this frosting is not sufficiently cooked, place it in the double boiler, and recook for a short time. If it is too stiff, add a little water, and cook again.

To repeat the menu for Sunday, May 11; Veal Loaf; String Beans; Parsley Potatoes; Lettuce with Russian Dressing; Rhubarb Conserve; Strawberries and Cream; and mother's favorite cake.

Next Monday, I'm going to tell you what the Garden Specialist has to say about raising old-fashioned herbs, such as thyme and peppermint, and sage, and dill. There will also be a menu, featuring Stuffed Pork Chops and Apples.

Monday: "Herbs for an Old Fashioned Garden."



